Led by India's First PhD in Sound Healing, Vairagya Yogashala Establishes Itself as a Leading Global Authority in Traditional Sound Healing Training

Hawaii, USA — January 5, 2026 — As the U.S. wellness landscape shifts toward somatic healing, trauma-informed care, and nervous system regulation, sound healing continues to surge as a powerful, non-invasive modality for stress relief, emotional balance, and deep relaxation. Leading this evolution is Vairagya Yogashala, an internationally recognized school guided by Garima Singh, India's first PhD candidate in **Sound Healing**, delivering lineage-rooted education through immersive trainings and comprehensive certification programs.

With rising levels of stress, burnout, anxiety, and emotional fatigue across the United States, wellness seekers and professionals are turning toward **sound healing training,** Tibetan **singing bowl therapy**, and vibrational healing practices that work beyond words. According to industry reports, the global sound healing market is projected to grow steadily through the next decade, driven by demand for nervous system-focused and trauma-informed modalities. Vairagya Yogashala's programs respond directly to this shift, offering structured education rooted in ancient Himalayan, Tibetan, and Vedic traditions, rather than modernized or entertainment-driven sound experiences.

Unlike many contemporary sound bath offerings, Vairagya Yogashala emphasizes traditional methodology, scientific understanding of sound and vibration, and deep experiential learning. Its curriculum integrates classical knowledge with modern research on frequency, resonance, and the parasympathetic nervous system, positioning sound healing not as a trend, but as a legitimate therapeutic discipline.

> "Sound healing is not a trend, it is a return to the oldest healing language known to humanity: vibration," says Garima Singh, founder and lead instructor of Vairagya Yogashala. "What we are witnessing today is modern society rediscovering what ancient traditions never forgot."

Expanding Access Through Online Sound Healing Certification

In response to growing global demand, Vairagya Yogashala has expanded its offerings to include in-depth **online sound healing trainings**, making authentic education accessible to students across the United States, Europe, and beyond. These online programs attract yoga teachers, therapists, wellness practitioners, and beginners seeking credible certification and foundational depth.

The school has trained hundreds of students from over 30 countries, with a significant increase in U.S.-based enrollment over the past two years. Many graduates integrate sound healing into

clinical wellness settings, yoga studios, corporate wellness programs, and private therapeutic practices.

A Bridge Between Ancient Lineage and Modern Wellness

Vairagya Yogashala stands at the intersection of timeless wisdom and forward-thinking wellness, offering immersive sound healing trainings in stunning locations such as Hawaii and India, alongside flexible online programs for long-term professional development. All trainings are affiliated with the Sound Healing, Vibrational and Sonotherapy Association (SHVSA), ensuring high standards and global recognition.

About Vairagya Yogashala

Vairagya Yogashala is an internationally recognized sound healing school specializing in traditional sound healing training, Tibetan singing bowl therapy, and vibrational healing education. Rooted in Himalayan and yogic lineages, the institute offers immersive sound healing retreats, professional certification programs, and comprehensive online trainings for wellness practitioners worldwide. Affiliated with SHVSA and offering YACEP-certified programs, Vairagya Yogashala bridges ancient wisdom with contemporary scientific understanding of sound and vibration.

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